



177TH FIGHTER WING JERSEY DEVILS



SAFETY AND HEALTH NEWSLETTER

APRIL 2002

General George S. Patton Jr. and Traffic Safety

On December 7th, 1945, General Patton was involved in a car accident, he suffered a head injury and his spinal column was separated.

On December 21, 1945, General Patton died of a blood clot in his brain. It was not the way Patton wanted to die. He felt that a soldier should die from "the last bullet, of the last day, in the last battle."

General Patton was killed in a slow speed car crash. His car collided with a truck that was making a left turn into a driveway. The speed of the truck was estimated at 10 M.P.H. and the General's vehicle was traveling at approximately 30 M.P.H. Patton's tragic death illustrates the fact that a poorly planned turn can kill, even at slow speeds. In 1998, left turn crashes accounted for 10% of all fatalities for NJ.

We must not lose sight of the startling fact that every day over 250 lives are lost on our nation's roadways and no one gets upset about it. When that many lives are lost in one plane crash, it makes the headlines of every newspaper in America.

In Atlantic County there were 68 total fatalities in 2001, and 41 total fatalities in 2000. In 2001 there were a total of 64 fatal crashes and in 2000 there were 34 fatal crashes.

See the Word document attachment in body of this newsletter email it contains the Atlantic County Fatal Crash Summary.

(A special thanks to Marlene Atkins of the NJ Division of Highway Traffic Safety, for supplying the information contained in this article).



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If you have any safety related topics you would like to see in our publication or have any questions that we can help with, please contact the Wing Safety Office at 6013 or e-mail at Robert.Fusco@njatla.ang.af.mil

What motivates you to work safely?

Every safety program needs to have well-defined rules and procedures, but have you ever asked yourself what it is that really motivates you to work safely? This can be a very difficult question to answer if you do not take a few minutes to gather your thoughts and remember what is important in your life. Motivation can be defined as something that causes a person to act in a certain way or do a certain thing.

If you still can't answer the question above, perhaps the answer lies in one or more of the five basic beliefs listed below:

- ➔ Money is very important to you. If you disregard the safety rules and procedures, you could become injured and be unable to temporarily or permanently earn your usual income. If you do not follow safety rules, you could be fired for insubordination and your income source would be gone. If you have very expensive tastes or a large family to support, your paycheck is probably very important to you.
- ➔ Recognition and achievement are important to you. Perhaps you are aware that you must comply with safety rules and procedures to be considered for promotions. Maybe you are the type of person who seeks recognition for a job done safely.
- ➔ You have a strong desire not to get hurt and you want to live a long and healthy life. Perhaps your lifestyle includes activities such as jogging, tennis, swimming, skiing, surfing, softball, or basketball. A serious injury at work could temporarily or permanently prevent you from participating in these "non-work" related activities. The fear of getting hurt motivates you to work safely at all times.
- ➔ You are a very good safety leader and "team player." If you are one of these types of people, you will be concerned about the safety of others as much as your own safety. Your concern for the safety of others may motivate you to address safety concerns quickly before a serious accident occurs.
- ➔ You clearly understand the potential disciplinary action that could result if you disregard safety rules and procedures. Perhaps you know of an incident where one of your fellow workers was suspended or fired for a safety violation and you want to avoid having the same thing happen to you.

Every decision we make and every action we take is motivated by some belief or knowledge based on experience. If you try to understand what motivates you to work safely, and frequently remind yourself of this motivation, then you will greatly minimize your risk of injury. **Most importantly, work safely for your family and yourself!**

If you have any safety questions or concerns contact your Safety Wing Office at 6013.



REMEMBER, THINK SAFETY!!

FIRE PREVENTION AND TERRORISM

by Robert Fusco

Evacuation from your building during a fire can be extremely difficult, add terrorism and the task can be almost impossible.

Knowing your way out of a building when fire or terrorism strikes can save you and your coworkers' lives. Prepare to deal with a terrorist incident by adapting many of the same techniques used to prepare for other crises.

⇒ Be alert and aware of your surrounding area. Look for ways out, or find a place that can offer you a safe area for cover.

⇒ The very nature of terrorism suggests that there may be little or no warning. Take precautions when at work and traveling. Be aware of conspicuous or unusual behavior.

⇒ Do not accept packages from strangers and do not leave luggage unattended.

⇒ Have a Telephonic Threat Complaint form next to your telephone, just in case you receive a Bomb threat, and do you know how to handle the caller.

Learn where the emergency exits are located.

⇒ Think ahead about how to evacuate your building in a fire or explosion. Review your emergency evacuation procedures; know where fire exits are located. Know the location of fire extinguishers, and how to use them. When in any building or structure look for where the stairways and exits are located. Always look for more than one way out. The closest exit can become blocked.

⇒ During a building explosion and or fire, get out of the building as quickly and as calmly as possible. If items are falling off bookshelves or from the ceiling, get under a sturdy table or desk. If there is a fire stay low to the floor and exit the building. When approaching a closed door, use your hand to feel the door before opening it. If it is hot to the touch, do not open the door; seek an alternate escape route. If it is not hot, brace yourself against the door and open it slowly. Remember heavy smoke and poisonous gases collect first along the ceiling, stay low and below the smoke line.

⇒ If you are trapped in debris, stay in your area so that you do not kick up dust. Cover your mouth with a handkerchief or clothing. Tap on a pipe or wall so the rescuers can hear where you are. Shout only as a last resort, shouting can cause a person to inhale dangerous amounts of smoke and/or dust. Untrained persons should not attempt to rescue people who are inside a collapsed or burning building. Wait for emergency personnel to arrive.

When was the last time you had an evacuation drill at your building? Do you have an up to date evacuation plan posted? At the 177th Fire Division, we can help you with evacuation training, evacuation plans, and fire extinguisher training. "KNOW YOUR WAY OUT". Call 6237 and they will assist you with this important life safety training.

If there is an emergency, do you know that you do not have to ask your supervisor to call the Police, Fire or Ambulance, you can just DIAL 6911.

CPSC, Longwell Electronics Announce Recall of Power Cord Sets Sold with HP Inkjet Printers



WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission, (CPSC), Longwell Electronics, of Brea, Calif., is voluntarily recalling about 2.5 million power cord sets sold with inkjet printers from Hewlett-Packard Company. The connector can break, exposing electrical contacts and posing a shock hazard to consumers.

No injuries or incidents have been reported. This recall is being conducted to prevent the possibility of injury.

The gray, two-wire power cord sets with a LS-7C connector were sold with the following HP printers: HP Deskjet 800 series and 900 series, HP Photosmart 1000 series, 1100 series, 1200 series, and 1300 series inkjet printers. The name "Longwell" is molded on the plug between the blades.



CPSC, Rose Art Announce Recall of Children's Soap Making Kit



WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Rose Art Industries Inc., of Livingston, N.J., is voluntarily recalling about 124,400 Soap Making Kits. The soap may get too hot when heated in the microwave oven and leak from the plastic container posing a burn hazard to children.

CPSC and Rose Art have received 10 reports of children being burned by the hot soap while removing the plastic container from the microwave oven.

The soap making kit is sold in a cardboard box with model number 4054 or a plastic case with model number 4121 on the packaging. The model number is located on the upper right hand corner on the front of the packaging. Each kit includes bars of soap, molds, and a plastic cup to melt soap chunks.

Toy and discount stores, including Toys R Us, Wal Mart, Kaybee Toys, Target and Value City, sold these kits nationwide between August 1997 through December 2001 for about \$10.

Consumers should stop using these kits immediately and contact Rose Art at (800) 272-9667 between 9 a.m. and 5 p.m. ET Monday through Friday or visit the firm's web site at www.roseart.com for information on how to receive a full refund and an additional Rose Art product item at no charge.

For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>

HAZARD
ALERT

Recognizing Stress

What is Stress? Stress is the “wear and tear” our minds and bodies experience as we attempt to cope with our continually changing environment.

Everyone encounters stress at some time or another. It can occur at home, while driving or at work. Sometimes we may be under stress and not realize it. How you handle stress can mean the difference between being happy and productive... or being frustrated and anxious. Below are some indicators of stress and some ideas on how to manage it.

Here are some indicators that you may be encountering stress:

- ✗ Anxiety-anxious feeling for no specific reason
- ✗ Elevated Heart rate
- ✗ Headaches
- ✗ Insomnia
- ✗ Indigestion
- ✗ Muscular pains
- ✗ Pain in the lower back
- ✗ Change in sleep pattern
- ✗ General irritability

What Stresses You Out?

- ✗ Money problems/bills
- ✗ Traffic (road rage)
- ✗ Health/Medical issues
- ✗ Lack of Free time to relax



Job related stress:

- ✗ Lack of management support
- ✗ Increased Work Load
- ✗ Lack of on the job training
- ✗ Peer pressure

What can Stress lead to?

- ✗ Anger/frustration
- ✗ Work related injuries
- ✗ Depression
- ✗ Anxiety
- ✗ Panic attacks

Managing Stress

Stress is a Process that builds and builds until you feel like your going to explode. It is more effective to intervene early in the Process rather than later. Try to become aware of the signs that suggest the Process has begun.

- ✗ Identify & eliminate your personal time wasters
- ✗ Set long-range goals and daily priorities
- ✗ Say “no” when/if necessary
- ✗ **Ask for HELP/consider getting medical advice from your Doctor**
- ✗ Maintain a healthy diet and regular exercise routine
- ✗ Try to fit (at least) 20 minutes of aerobic activity into your schedule three or four times a week.
- ✗ Eat well-balanced meals, more whole grains, nuts, fruits, and vegetables.
- ✗ Try to sleep at least 7 hours a night

